



VIBE ON-LIFE

**MONTH:**

**Staying active can be fun! Let's get moving!**

On the calendar below, write how long you exercised and what you did.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Goal:** Get 60 minutes of exercise each day!

**Tips:** When you're getting started, the type of movement doesn't matter. Just get moving!!!

**Reward** What will you earn if you do 15 days of exercise: \_\_\_\_\_ 30 days of exercise: \_\_\_\_\_ 90 days of exercise: \_\_\_\_\_

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\*Make rewards *non*-food items



We're here for you. Please reach out for anything you need:  
vibeonlife.com | 480.456.0402 | FB: VIBE ONLife | coach@vibeonlife.com